

LAPORAN PENELITIAN

MODEL PEMBELAJARAN KETERAMPILAN MEMUKUL BAGI MAHASISWA PJKR DALAM PEMBELAJARAN MATAKULIAH DASAR GERAK SOFTBALL

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Abstrak

Penelitian eksperimental ini bertujuan untuk menyelidiki pengaruh model pembelajaran dan kemampuan koordinasi terhadap keterampilan memukul dalam permainan softball pada mahasiswa PJKR. Penelitian eksperimen dilakukan dengan desain faktorial 2x2, dilakukan di Fakultas Ilmu Keolahragaan, Universitas Negeri Yogyakarta dengan sample (n) sebanyak 40 orang dipilih secara acak.

Penelitian menyimpulkan bahwa, mahasiswa dengan kemampuan koodinasi tinggi yang dikenai pembelajaran dengan pendekatan taktik menunjukkan kemampuan memukul lebih baik dibandingkan dengan mahasiswa dengan kemampuan koordinasi sama tetapi dikenai model pembelajaran dengan pendekatan teknik. Di lain pihak,, pada mahasiswa dengan kemampuan koordinasi rendah tidak menunjukkan perbedaan keterampilan memukul setelah dikenai kedua model pembelajaran yang berbeda. Temuan lain mengindikasikan bahwa terdapat pengaruh interaktif antara model pembelajaran dan kemampuan koordinasi terhadap keterampilan memukul dalam bermain softball pada mahasiswa PJKR.

A RESEARCH REPORT

**INSTRUCTIONAL MODELS OF BATTING SKILLS FOR THE STUDENTS OF
DEPARTMENT OF PHYSICAL HEALTH AND RECREATION EDUCATION IN THE
SUBJECT OF BASIC MOVEMENT OF SOFTBALL**

By:

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Abstract

The purpose of this experimental study is to investigate the effect of instructional models on Batting Skills of softball performance of the students of Department of Physical Health and Recreation Education. In addition, the effect of coordination ability is also observed. The experimental study was conducted using the 2x2 factorial design at Faculty of Sport Science, Yogyakarta State University involving 40 randomly selected students.

From the results of this research, it can be concluded that the students with high level of coordination ability who were taught using tactical approach performed batting skills better if compared with the students with high level of coordination ability who were taught using technical approach. On the other hand, there is no difference of batting skill performance of the students with low level coordination ability. The findings of this research indicate that instructional models and coordination ability has interactive effect on batting skill performance of the students of Department of Physical Health and Recreation Education.